



Response to Office Action

application number 10/709,477  
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Entitled: Method and Systems for Rehabilitating and Retraining the Neck Musculature

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1. (currently withdrawn) A method for utilizing inhibitory relaxation for the neck muscles, said method comprising:

Providing a device for fitting around the neck and over the shoulders of an individual;  
Providing a mechanism for grasping the ends of the device;  
Placing said device around neck of an individual;  
Said individual grasping said device with crossed arms; and  
Contacting a first set of neck muscles slightly to relax the opposing set of neck muscles.

2. (currently withdrawn) The method of claim 1 wherein said step of relaxing a first set of muscles includes: